






Going Coastal. SAFE EATING TIPS


 Fish can play an important role in a healthy diet. In the rivers and marine waters of New York City mercury, PCBs and other chemicals have been found in some species of fish at concentrations that may be harmful to human health.


 Fish that eat other fish, like blues and bass, have the highest mercury levels.


 Eat smaller fish, provided they are of legal size. Never eat the crab "mustard."

 Proper trimming and cooking can reduce PCB content, but not mercury.

 Eat only the skin-off fillet of the fish, removing the fatty parts. Broil, steam, bake or grill your fish, discarding all cooking juices. Do not deep fry or pan fry.

 Women who may become pregnant, nursing mothers, and children are especially vulnerable to the effects of environmental toxins that accumulate in fish.

 For this reason, women of childbearing age and children under age 15 should not eat any fish caught in some local waters, including Upper Bay of New York Harbor North of the Verrazano Bridge, Hudson River, East River, Harlem River, Bronx River, Newark Bay, Raritan Bay, Kill van Kull, and Arthur Kill.

 To enjoy the fun of fishing while eliminating the potential risks associated with eating contaminated fish, consider "catch and release" fishing.

 www.goingcoastal.org

Protect your Families Health; follow the NYS Fish Consumption Advisories.

www.nyhealth.gov/fish

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Fish Calendar courtesy of www.dec.ny.gov/outdoor/7736.html  Fish Present  Peak Fishing

Species	January	February	March	April	May	June	July	August	September	October	November	December
Striped Bass												
Bluefish												
Snapper blues												
Winter Flounder												
Fluke												
Weakfish												
Porgy												
Blackfish												
Black sea bass												

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Fish can contain harmful chemicals even if they look healthy and the water looks clean. Pay attention to Fish Consumption Advisories.

• **Los pescados puede contener sustancias químicas dañinas para la salud, aún cuando parezcan estar sanos y el agua se vea limpia. Lea los consejos**

sobre el consumo de pescado. • **警告！鱼类含有有害的化学物质，即使它们看起来健康，水域看上去很干净。请阅读鱼类食用指南。**

• **В рыбе могут содержаться вредные химические вещества даже если рыба выглядит здоровой и вода чистой.**

ЧИТАЙТЕ Рекомендации по Употреблению Рыбы!

